

4 20. (new) The stationary exercise bicycle of claim 17 wherein the first handle includes two prongs having free ends extending upwardly.

5 21. (new) The stationary exercise bicycle of claim 17, further comprising a pedal mechanism mounted to the frame.

6 22. (new) The stationary exercise bicycle of claim 21 wherein the pedal mechanism comprises a crank arm and a crankset.

7 23. (new) The stationary exercise bicycle of claim 22, wherein the pedal mechanism is a conventional non-stationary bicycle pedal assembly.

Sub 24. (new) The stationary exercise bicycle of claim 17 wherein the seat is detachable.

25. (new) The stationary exercise bicycle of claim 17 wherein the handlebar is detachable.

26. (new) The stationary exercise bicycle of claim 17 wherein the pedal mechanism is detachable.

27. (new) The stationary exercise bicycle of claim 17, further comprising front and rear ground support elements that are detachable from the frame.

28. (new) The stationary exercise bicycle of claim 27 wherein the seat, the handlebar, the pedal mechanism and the ground supports are detached from the frame to facilitate transporting the bicycle.

10 29. (new) The stationary exercise bicycle of claim 17, further comprising a resistance system for simulating outdoor riding conditions.

30. (new) The stationary exercise bicycle of claim 29 wherein the resistance system is a cable resistance braking system.

11/ 31. (new) The stationary exercise bicycle of claim 17 wherein the handlebar comprises a first gripping position, a second gripping position different from the first, and a third gripping position different from the first and the second gripping positions for use by the rider to simulate outdoor riding conditions.

12/ 32. (new) The stationary exercise bicycle of claim 21 wherein the pedal mechanism is a clipless pedal.

33. (new) The stationary exercise bicycle of claim 17 wherein the handlebar is interchangeable with an alternative handlebar.

13/ 34. (new) The stationary exercise bicycle of claim 17 wherein the handlebar is adjustable relative to the adjustable seat.

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35. (new) A stationary exercise bicycle that is adjustable to allow a rider to adopt different riding positions, comprising:

a frame having front and rear sockets;

an adjustable seat mounted in the rear socket, the adjustable seat being extendable in fore and aft directions relative to the rear socket; and

an adjustable handlebar mounted in the front socket, the handlebar including an upright portion, a lateral bar directed outwardly from the upright portion, a first handle having at least one prong extending forwardly from said lateral bar, and at least one second handle extending forwardly from said lateral bar in a plane common with said lateral bar.

36. (new) A stationary exercise bicycle having the frame structure substantially as shown in Figure 8 that includes front and rear ground supports, front and rear sockets, and a diagonal bar coupling the front and rear sockets, comprising:

a seat adjustably mounted in the rear socket, the adjustable seat being extendable in fore and aft directions relative to the rear socket; and

a handlebar adjustably mounted in the front socket, the handlebar including an upright portion, a lateral bar directed outwardly from the upright portion, a first handle having at least one prong extending forwardly from said lateral bar, and at least one second handle extending forwardly from said lateral bar.

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37. (new) The stationary exercise bicycle of claim 36, further comprising a central ground support that extends between the front and rear ground supports.

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38. (new) A stationary exercise bicycle frame, having the structure substantially as shown in figure 8 that includes front and rear ground supports, front and rear sockets, and a diagonal bar coupling the front and rear sockets.

39. (new) The stationary exercise bicycle frame of claim 38, further comprising a central ground support that extends between the front and rear ground supports.

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40. (new) A stationary exercise bicycle that is adjustable to allow a rider to adopt different riding positions, including alternating sitting and standing positions, while remaining on the bicycle, comprising:

a frame having front and rear sockets;

a seat adjustably mounted in the rear socket, the adjustable seat being extendable in fore and aft directions relative to the rear socket, and being adjustable to a seat position that allows the rider to adopt different riding positions, including alternating sitting and standing positions, while remaining on the bicycle; and

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a handlebar adjustably mounted in the front socket, the handlebar including an upright portion, a lateral bar directed outwardly from the upright portion, a first handle having prongs extending forwardly from said lateral bar, and a second handle extending forwardly from said lateral bar, the handlebar being adjustable to a handlebar position that allows the rider to adopt different riding positions, including alternating sitting and standing positions, while remaining on the bicycle.

41. (new) A stationary exercise bicycle that is adjustable to allow a rider to adopt different riding positions, comprising:

a front socket;

a rear socket;

a singular diagonal frame element that is connected to the front socket and the rear socket, that extends diagonally and linearly downward from the front socket to the rear socket, and that includes a mount for a pedal assembly;

a seat adjustably mounted in the rear socket, the seat being extendable in fore and aft directions relative to the rear socket; and

a handlebar adjustably mounted in the front socket.

42. (new) The stationary exercise bicycle of claim 41, wherein the handlebar includes at least two handles.

43. (new) The stationary exercise bicycle of claim 42, wherein the handlebar further comprises an upright portion, a lateral bar directed outwardly from the upright portion, a first handle having at least one prong extending forwardly from said lateral bar, and at least one second handle extending forwardly from said lateral bar.

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~~44.~~ (new) The stationary exercise bicycle of claim ¹⁵~~41~~, wherein the singular diagonal frame element extends beyond the rear socket, the bicycle further comprising:

a front ground support connected to the front socket; and

a rear ground support connected to the singular diagonal frame element.

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~~45.~~ (new) The stationary exercise bicycle of claim ¹⁶~~44~~, further comprising a central ground support connected to and extending between the front ground support and the rear ground support.

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~~46.~~ (new) The stationary exercise bicycle of claim ¹⁵~~41~~, wherein the singular diagonal frame element terminates at the rear socket, the bicycle further comprising:

a front ground support connected to the front socket;

a central ground support connected to the front ground support and the rear socket, and extending rearward of the rear socket;

a second frame element that is connected to the rear socket and the central ground support, and that extends downward from the rear socket to the central ground support; and

a rear ground support connected to the central ground support.

47. (new) A stationary exercise bicycle that is adjustable to allow a rider to adopt different riding positions, comprising:

a front socket;

a rear socket;

a seamless diagonal frame element that is connected to the front socket and the rear socket, that extends diagonally and linearly downward from the front socket to the rear socket, and that includes a mount for a pedal assembly;

a seat adjustably mounted in the rear socket, the seat being extendable in fore and aft directions relative to the rear socket; and

a handlebar adjustably mounted in the front socket.

48. (new) The stationary exercise bicycle of claim 47, wherein the handlebar includes at least two handles.

49. (new) The stationary exercise bicycle of claim 48, wherein the handlebar further comprises an upright portion, a lateral bar directed outwardly from the upright portion, a first handle having at least one prong extending forwardly from said lateral bar, and at least one second handle extending forwardly from said lateral bar.

50. (new) The stationary exercise bicycle of claim 47, wherein the seamless diagonal frame element extends beyond the rear socket, the bicycle further comprising:

a front ground support connected to the front socket; and

a rear ground support connected to the seamless diagonal frame element.

51. (new) The stationary exercise bicycle of claim 50, further comprising a central ground support connected to and extending between the front ground support and the rear ground support.

52. (new) The stationary exercise bicycle of claim 47, wherein the seamless diagonal frame element terminates at the rear socket, the bicycle further comprising:

a front ground support connected to the front socket;

a central ground support connected to the front ground support and the rear socket, and extending rearward of the rear socket;

a second frame element that is connected to the rear socket and the central ground support, and that extends downward from the rear socket to the central ground support; and

a rear ground support connected to the central ground support.

53. (new) A stationary exercise bicycle that is adjustable to allow a rider to adopt different riding positions, comprising:

a frame having a front and a rear socket and at least one upstanding V-shaped section comprising two members, wherein one member is an upstanding post including the rear socket; and

a seat adjustably mounted in the rear socket, the seat being extendable in fore and aft directions relative to the rear socket; and

a handlebar adjustably mounted in the front socket.

54. (new) The stationary exercise bicycle of claim 53, wherein the handlebar includes at least two handles.

55. (new) The stationary exercise bicycle of claim 54, wherein the handlebar further comprises an upright portion, a lateral bar directed outwardly from the

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upright portion, a first handle having at least one prong extending forwardly from said lateral bar, and at least one second handle extending forwardly from said lateral bar.

56. (new) The stationary exercise bicycle of claim 53, wherein one member of the upstanding V-shaped section is a singular diagonal frame element that is connected to the front socket.

57. (new) The stationary exercise bicycle of claim 56 further comprising:

a front ground support connected to the front socket; and
a rear ground support connected to the singular diagonal frame

element.

58. (new) The stationary exercise bicycle of claim 57 further comprising a central ground support connected to and extending between the front ground support and the rear ground support.